

An Idea a Day through May!

No matter where you work or with what age, together we can make a difference in Texas this May. Can you complete all 31 in the 31 days of May?

- Post a sign on the front door of your workplace announcing, "May is Better Hearing and Speech Month!"
- E-mail the staff in your workplace once a week during the month of May with an interesting fact about what you do!
- Set up a May is Better Hearing and Speech Month (MBHSM) bulletin board in your workplace for clients, caregivers, and coworkers to enjoy.
- Purchase sheets of stickers/blank mailing address labels that you can use with your printer. Announce MBHSM on your stickers. Wear one at work every day through May! Also, make enough for your clients to take after their visit with you.
- Talk to your school or local public librarian about setting up a book display including topics such as rhyming, hearing, listening, various disabilities, etc.
- Volunteer to read for a group of children in your school or local public library. A favorite of mine is Hooway for Wodney Wat by Helen Lester and Lynn M. Munsinger, the inspirational story of a student who is bullied because of his articulation disorder. Some other suggestions are Listen, Buddy by Helen Lester and Lynn M. Munsinger and Tacos Anyone? An Autism Story by TSHA's very own Marvie Ellis.
- Contact a local radio station and ask if they would be willing to announce a short public service announcement (PSA) for MBHSM. There are some available on the TSHA website! http://www.txsha.org/Products/better_hearing_and_speech.asp
- Provide information about important developmental milestones in speech and language to local preschools and daycares. Information is available to print at the following link: <http://www.asha.org/public/speech/development/>
- Provide information to a local nursing home or assisted living center regarding adult speech and language disorders. Information is available to print from the American Speech-Language-Hearing Association (ASHA) website: <http://www.asha.org/public/speech/disorders/AdultSandL.htm>
- Provide information to a local school regarding the effects of hearing loss on speech, language, listening, and learning. Information is available to print from the ASHA website: <http://www.asha.org/public/hearing/disorders/effects.htm>

- For legislators to make informed decisions about our professions it takes all of us educating them about what speech-language pathologists and audiologists do and the impact we have on the lives of our consumers. Send a quick and easy e-mail to your legislators about the issues that impact us. Simply visit the TSHA Grassroots Action Center link on the TSHA homepage <http://www.txsha.org/> .
- It's easier now than ever before to advocate for the issues that are important to us. ASHA also has an action center site. Simply visit <http://capwiz.com/asha/home/> .
- Contact the school nurse at your local/child's school. Ask for their help in promoting good aural hygiene.
- Ask your patients, clients, or their caregivers to write a personal letter to a legislator about the importance of our services. They can also advocate for the specific issues that are important to us at the same links (listed above).
- Provide information about vocal abuse and vocal fold care to teachers, the cheerleading sponsor, and the theatre arts or choir directors at a school near you.
- Volunteer to talk to a local preschool, day care, or "mommy group" about signs of a communication delay: <http://www.asha.org/public/speech/speech-referral.htm>
- Send home information for parents/teachers/clients about hearing conservation. A handout is available at the following link for you to distribute:
http://www.asha.org/public/hearing/disorders/hearing_protect.htm
- Let someone know that speech-language pathologists work with feeding and swallowing disorders! Here is some information you can print:
<http://www.asha.org/public/speech/swallowing/FeedSwallowChildren.htm>
- Volunteer to speak at a Parent Teacher Association (PTA) meeting in May about the importance of ear protection.
- Make an appointment with the manager of your local toy store. Let them know about the dangers of noisy toys. Provide information and ask if they would be willing to post the information for parents. http://www.asha.org/public/hearing/disorders/noisy_toys.htm
- Visit a local preschool, day care, or school and talk to the teachers about signs of hearing impairment
- Ask your clients to brainstorm ideas for a brochure on how to be a good communicator (a good review for pragmatics!)
- Ask your clients to develop an informational banner for the public describing what they learn in speech therapy. Hang the banner in the hospital waiting room, main hallway of the school or office building, cafeteria, etc.

- Suggest a “Career Day” in May at a local high school where you provide information about Audiologists and/or Speech Pathologists
- Contact a local TV station and ask if they would be willing to have a newscaster announce a short PSA for MBHSM.
- Ask that the “Careers on the Move” video be shared with your school staff, school board, or played in the waiting room. Links to the video are available at http://www.txsha.org/Consumer_Information/brochures.asp
- Ask a pediatric office to make the ‘Infant Intervention’ brochure available to parents in the waiting room or during a visit. http://www.txsha.org/_pdf/brochures/whostalking.pdf
- Make sure that your local hospital carries copies of the Traumatic Brain Injury (TBI) brochure to distribute to families in their rehab program: http://www.txsha.org/_pdf/brochures/headinjury.pdf
- Visit Shoppe TSHA to order products for yourself and your clients! Show pride in your profession!
- Visit TSHA’s Cultural & Linguistic Diversity (CLD) Corner to view common questions and answers related to cultural and linguistic diversity. http://www.txsha.org/Diversity_Issues/cld_corner.asp
- Attend a local chapter meeting for a specific support group this month to let people know we work with and support these families! Here are a few to get you started:
Autism: <http://www.texasautismadvocacy.org/SupportGroupGuide.htm>
Stuttering: <http://www.nsastutter.org/material/index.php?matid=467>
Aphasia: http://www.aphasia.org/aphasia_community/aphasia_community_groups.html#tx
TBI: <http://www.biatx.org/resources/go/support.html>
Hearing Impairment: <http://www.listen-up.org/texas.htm#events>

You say you work in a hospital? That doesn't mean you can't talk to the owner of the daycare down the street! You work in a school? You can still stop by your local nursing home! Work with adults but have your own children? Do something at their school!

Take the challenge.